



Healthy Ethnic Dining

Indian:

- Ask for a curry made with yogurt instead of coconut milk, cream or condensed milk
- Ask that dishes be prepared with a minimum of ghee (*clarified butter*)
- Choose chicken or seafood instead of beef or lamb

Healthier choices: Dals, biryani and pilafs, naan and chapati, curries made with chicken, lobster, shrimp, lentils, or vegetables, salads with raita, chutney, lentil dishes, chicken or fish tandoori or tikka, mulligatawny soup, pappadum, shish kabob, gobhi matar tamatar, steamed rice

Foods to limit: Samosas, pakoras, coconut soup, dishes prepared with coconut milk or cream, korma, saag paneer, sauced rice dishes, fried or stuffed breads

Greek:

- Ask to have feta cheese and olives on the side
- Limit phyllo pastry dishes
- Many dishes are high in olive oil, increasing the calories, so try sharing an entrée and order extra vegetables on the side

Healthier choices: Tzatziki, pita bread, Greek salad, tabouli, souvlaki or shish kabobs, plakaki, rice-stuffed dolmas, couscous, chicken pita, hummus, steamed rice, dishes made with legumes

Foods to limit: Meat-stuffed appetizers, pan-fried dishes, fried calamari, moussaka, gyros, spanakopita, tyropita, baklava, saganaki, deep-fried falafel, baba ganoosh

For more information, contact your local
Installation Health and Wellness Center (HAWC)
OR Dietitian.

How to make the most of your calories when eating out

An enticing variety of cuisines from around the world are available to us, offering an array of unique flavors, textures and colors. Healthy choices can be found at ethnic restaurants if you learn how to select among the options. Here are a few tips to help you make the most of your dining experience in both taste and enjoyment while limiting the excess calories that often come with restaurant meals.



The following websites may provide further information and hints for healthy ethnic dining:

http://www.healthyeating.net/he_4-04.htm#in
<http://lowfatlifestyle.com/diningout.htm>
<http://www.weightlossdietzone.com/fastfoodfacts.html>
<http://www.cspinet.org/nah/quiz/index.html>
<http://www.deliciousdecisions.org/oa/eat.html>

Appearance of hyperlinks does not constitute endorsement by the U.S. Air Force.
The purpose of the hyperlinks is solely for informational purposes.

Guide to Healthy Eating at Base Dining Facilities

Chinese:

- Ask for less oil in your stir-fry dish
- Choose dishes with lots of vegetables
- Request minimal amounts of almonds, cashews, peanuts
- Drain off excess sauces
- Used steamed versus fried rice
- Order a clear soup to curb your appetite
- If you must have an egg roll, wrap it in a paper napkin to absorb the excess grease

Healthier choices: Hot and sour soup, wonton soup, steamed dumplings, chicken or vegetable lo mein, chicken, seafood or tofu and vegetables – stir-fried or steamed, moo-shu vegetables, steamed rice, soy, duck, black bean, oyster and plum sauces.

Foods to limit: Fried wontons, egg drop soup, egg rolls, fried dumplings, fried rice, egg fu yung, crispy fried noodles, crispy fish, cashew chicken, sweet and sour pork or chicken, spareribs, lemon/orange chicken (*if fried*), sesame chicken, duck, chicken wings, kung pao chicken, lobster sauce.

Italian:

- Ask for less cheese and more vegetables on your pizza
- Order your main dish in an appetizer portion
- Avoid stuffed pastas filled with cheese or meat
- Ask server to hold parmesan cheese, olives, pine nuts
- Order tomato-based sauces vs. cream-based ones
- Ask for unbuttered breadsticks and limit the number of breadsticks you eat to 1 or 2

(Italian – cont'd):

Healthier choices: Minestrone soup, Italian bread, bruschetta, grilled calamari, steamed clams, pasta with marinara or clam sauce, pasta primavera (*with sautéed vegetables*), chicken marsala, chicken cacciatore, vegetable pizza (*thin crust healthiest*), chicken or veal picatta

Foods to limit: Garlic bread, fried mozzarella, Caesar salad, sausage, meatballs or pepperoni in heroes, on pizza, in calzones or in sauces, ravioli, lasagna, baked ziti, manicotti, fettuccine alfredo, pasta carbonara, veal or chicken scaloppini, veal, chicken or eggplant parmigiana, stuffed crust pizza

Mexican:

- Use fresh salsa, leave off the cheese
- Avoid/limit sour cream and guacamole
- Use soft taco shells; hard shells are fried
- Corn tortillas are lower in calories and fat than flour
- Watch out for tortilla chips which are fried

Healthier choices: Gazpacho, black bean or tortilla soup, Spanish rice, whole pinto or black beans, vegetable or chicken fajitas, fresh corn tortillas, arroz con pollo, soft chicken or fish tacos, cheeseless burritos, chicken enchiladas (*light on the cheese*), ceviche, salsa or pico de gallo

Foods to limit: Tortilla chips, nachos, chorizo, carnitas, refried beans, beef tacos, cheese enchiladas, quesadillas, chimichangas, chili rellenos, chili con queso dip, taco salad (*shell is fried*), Mexican pizza, guacamole, sour cream, flautas, chalupas, churros, sopapillas